



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
Impact Factor (RJIF): 5.96  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2025; 9(3): 1618-1623  
Received: 24-06-2025  
Accepted: 26-07-2025

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## The lifestyle triad in acne sleep, stress, screens and promise of homoeopathy

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**DOI:** <https://www.doi.org/10.33545/26164485.2025.v9.i3.Y.1875>

### Abstract

The common skin ailment acne vulgaris is characterized by inflammation of the sebaceous glands and hair follicles, which causes comedones (whiteheads and blackheads), papules, pustules and occasionally cysts, most frequently found on the face, chest, and back.

The combination of increased sebum production, Follicular Hyperkeratinization, and increased sebaceous gland activity in places such as the face, back, chest, and shoulders leads to this illness. bacterial overgrowth and inflammation, particularly Cut bacterium acnes. It is most prevalent during adolescence because of hormonal changes, but it can persist into adulthood.

Lifestyle factors such as sleep, stress, screens, and a variety of others that influence oil production, inflammation, and the skin's healing process can have a significant impact on acne vulgaris.

This article discusses the impact of lifestyle factors on the development and severity of acne vulgaris.

**Keywords:** Holistic strategy, homeopathic approach, acne vulgaris, lifestyle, triad, sleep, stress, screens

### Introduction

#### Definition

The pilosebaceous unit is the site of the chronic inflammatory disease known as acne vulgaris. It presents in a variety of lesions and is the most common skin condition among teenagers and young adults.

#### 1. Different kinds of acne

The most common type of acne is acne vulgaris, which presents as whiteheads, blackheads, pimples, and papules, usually on the face, neck, chest, and back.

#### 2. Cystic acne

This is a severe form of acne vulgaris that causes the growth of huge, painful, deep-seated cysts filled with pus under the skin. Skin issues are caused by inflammation, clogged pores, and bacterial infection. It frequently leads to scarring if not managed well.

#### 3. Comedonal acne

A mild form of acne, primarily identified by comedones (blackheads and whiteheads) caused by oil and other elements blocking hair follicles. dead skin cells that are frequently associated with minimal inflammation.

#### 4. Papulopustular acne

A mild form of acne vulgaris characterized by the development of red, swollen bumps (papules) and pus-filled sores (pustules) on the face. bacteria, infection, and inflammation in clogged pores.

#### 5. Acne conglobate

Acne conglobate is a rare, severe, and chronic type of acne characterized by the following symptoms: deep, inflammatory nodules, connected abscesses, and draining sinus tracts. Frequently causes severe scarring. It typically appears on the face, chest, back, and buttocks and is regarded as one of the worst cases of acne vulgaris.

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## 6. Acne fulminans

A rare and severe kind of acne characterized by the rapid onset of painful, ulcerating nodules on the skin, frequently accompanied by additional signs. through systemic symptoms such as fever, joint discomfort, and general tiredness. It mostly affects adolescent boys and, if untreated, may result in severe scarring.

## 7. Rosacea

Rosacea is a chronic inflammatory skin ailment that predominantly affects the center of the face and manifests as redness (erythema), visible blood vessels (telangiectasia), and pimples. and acne-like pustules. Unlike acne vulgaris, it lacks comedones and is often made worse by heat, alcohol, spicy food, or other triggers.



## Epidemiology

### 1. Prevalence

- Acne vulgaris is one of the most common skin diseases worldwide.
- Eighty to ninety percent of young people are affected in some way.
- It might continue into adulthood, with between 40 and 50% of those in their twenties still affected.
- Adult-onset acne is more common among women than men.

### 2. Onset age

- Generally, begins during puberty (between the ages of 10 and 17 for girls, between 14 and 19 for boys).
- The most severe symptoms usually appear during the latter half of adolescence.

### 3. Differences between men and women

- **Males:** Because of higher androgen levels, they are more likely to experience severe forms of the disease during adolescence.

- **Women:** May experience acne that is persistent or develops later in life, possibly as a result of hormonal changes.

## 4. Variations in ethnicity and geography

- It affects individuals of all ethnic backgrounds and geographical locations, but the extent of its impact varies.

## 5. Risk markers

- Changes in hormone levels (androgens, menstruation).
- Genetic predisposition (family history is a major risk factor).
- External factors like stress, diet with a high glycemic index, and particular beauty products.
- Medications such as steroids or lithium.

Several interacting factors influence the formation of acne vulgaris at the pilosebaceous unit, which includes the hair follicle and its connected sebaceous gland.

1. **Increased sebum production:** Androgen hormones promote an increase in sebum production during puberty. Acne develops in an oily environment caused by the excess sebum produced by enlarged sebaceous glands.
2. **Follicle hyperkeratinization:** Dead skin cells typically fall off at a consistent rate. However, in acne, abnormal keratinization causes cells to stick together, forming a plug (microcomedone) that blocks the follicle.
3. **Bacterial proliferation:** Cutibacterium acnes (previously Propionibacterium acnes) develops in the blocked follicle. By breaking down sebum into free fatty acids, it causes inflammation and irritation.
4. **Inflammatory response:** Bacterial antigens and sebum breakdown products activate the immune system. Redness, swelling, and the emergence of papules, pustules, nodules, or cysts are caused by the release of cytokines.
5. Hormonal and additional contributing variables

Acne can be exacerbated by stress, diet (high glycemic index foods), certain medications, and androgens.

Features of the clinical presentation

### a) Major injuries

1. **Comedones:** Follicle plugged with sebum and keratin; dark because of oxidation. Open comedones (blackheads):
2. **Whiteheads** (closed comedones) are little, flesh-colored bumps produced by a blocked follicle that is covered by skin.
3. **Papules:** Inflammatory, red, elevated, and little bumps.
4. **Pustules:** Raised, inflammatory lesions with pus at the tip.
5. **Nodules:** Inflammatory lesions that are large, hard, painful, and deep-seated.
6. **Cysts** are deep, pus-filled lesions that often cause scarring.

### b) Additional features

1. **Scarring:** Hypertrophic or atrophic (pitted).
2. **Hyperpigmentation following inflammation:** Dark patches that develop when wounds have healed.
3. Sinus tracts are not common, although they are frequently found in extreme illnesses like acne conglobata.

**c) Distribution**

1. **Face:** The most common location (forehead, nose, cheeks, chin).
2. **Back and chest:** Common in cases of moderate to severe acne.
3. The upper arms and shoulders are less frequently affected.

The examined

**1. The skin's healing partner is sleep**

- Sleep is essential for the body's healing processes, such as skin regeneration. A bad or erratic sleep schedule might lead to:
- **Hormonal imbalance:** High cortisol levels lead to inflammation and excessive oil production.
- Reduced resistance to skin bacterial diseases due to decreased immunity.
- **Weary, lifeless skin:** Delayed healing of existing acne lesions.
- Getting 7-9 hours of quality sleep might help your body naturally restore healthy skin.

**2. The silent cause of acne is stress**

- Stress impacts the severity of acne directly via the mind-skin connection. Stress hormones like cortisol raise sebum production, which leads to clogged pores and breakouts. Stress-related behaviors like touching or picking at the skin make acne worse.
- To help prevent flare-ups, it's essential to practice stress management techniques like yoga, meditation, deep breathing, or even just relaxing leisure pursuits.

**3. Displays: Digital overload and skin health****1. Increased worry**

- Extended screen time can cause psychological strain. Cortisol and androgen levels increase with stress, which may worsen acne and boost sebum production.

**2. Interrupted sleep**

- An excessive amount of screen usage, especially right before bed, might disrupt circadian rhythms. Inadequate sleep has been associated with heightened inflammatory responses, which may exacerbate acne.

**3. Heat and friction**

- Germs and heat can be transmitted to the skin via gadgets such as phones (for example, via phone-to-face contact). Prolonged exposure may result in localized acne (acne mechanica).

**4. Impacts of lifestyle**

Greater screen time is frequently linked to:

- Two things that could worsen acne are a poor diet made up of high-glycemic foods and junk food, along with a sedentary way of life.

The potential of homeopathy in treating acne vulgaris

**1. Constitutional method**

- In accordance with the patient's entire makeup (physical, mental, and emotional characteristics), homeopathy treats acne, not just skin lesions. The goal of this is to prevent recurrence, not just to mask symptoms.

**2. Selecting a unique treatment**

- Treatments are customized to the individual, for example, Pulsatilla, Calcarea carbonica, Sulphur, and Hepar sulphur are used according to particular symptoms.
- Depends on the following:
  - Kind of lesions (pustular, cystic, comedonal)
  - Character of the discharge
  - Related cutaneous feelings (itching, burning, pain)
  - Emotional state (stress, irritability, mood swings)

**3. All-encompassing advantages**

May help alleviate triggers such as hormonal imbalance and stress. Certain treatments focus on enhancing digestion and detoxification, which are thought to be contributing factors in acne.

**4. Safety and tolerability**

Generally speaking, it is not harmful and safe for teenagers and adults. Unlike retinoids, antibiotics, or hormone treatments, it seldom results in negative drug responses.

**5. Persistent and recurring acne**

In cases of persistent, recurring, or resistant acne where conventional treatments have been ineffective or have resulted in adverse effects, homeopathy is frequently used.

**6. Complementary function**

May lessen the need for systemic medications or prolonged antibiotic usage. Can be used in conjunction with traditional treatment to improve outcomes, lower inflammation, and lower recurrence.

**1. Psychosomatic impact**

Addresses the underlying emotional causes of acne, such as stress, worry, and sadness.

**2. Constraints**

Results may be delayed, with weeks or months passing before any apparent improvement is seen. Traditional therapies may still be necessary for severe or fulminant acne. The evidence base is scarce, consisting mostly of case reports and minor trials.

**Treatment specific to the individual**

- Homeopathy emphasizes treating the entire patient rather than just the skin lesions.
- The patient's emotional, physical, and psychological traits determine which treatment is chosen.

**3. Acne in its mild to moderate form**

- Some case studies and research indicate that homeopathy may be beneficial for mild to moderate acne.
- A decrease in the number of lesions, inflammation, and recurrence are all examples of possible improvements. Side effects are minimal.
- Compared to traditional therapies like isotretinoin or antibiotics, homeopathic remedies are generally thought to be safer and have fewer adverse effects.

#### 4. All-encompassing advantages

- Has the potential to lower stress, enhance skin texture, and address fundamental constitutional problems that might cause acne.

#### 5. Restrictions

- The evidence from large-scale, high-quality clinical studies is sparse. It is frequently used as a complementary therapy rather than a replacement for traditional therapy, particularly in severe cases.

The repertory is essential in homeopathic treatment of acne vulgaris since it helps choose the best course of action based on the unique symptoms of each patient. A concise summary is provided below:

1. **Repertory's goal:** To aid in the methodical pairing of the patient's unique symptoms (physical, emotional, modalities) with the appropriate treatments. Guarantees a personalized approach, which is the cornerstone of homeopathy.
2. Typical acne repertory rubrics

Rubrics pertaining to skin lesions, sensations, and location are frequently used by homeopaths:

##### a) Lesion type

- Pustules → *Arsenicum album*, *Silicea*, *Hepar sulph.*
- Papules → *Graphites*, *Mezereum*, *Sulphur*
- Nodules/Cysts → *Calcarea sulph.*, *Hepar sulph.*, *Thuja*
- Comedones → *Sepia*, nitric acid, sulfur

##### b) Sensations and modalities

- Painful → *Belladonna*, *Hepar sulph.*
- Pruritus/Burning → *Mezereum*, *Rhus tox.*
- *Silicea*, *Hepar sulph.*, and others are worse by touch
- Heat makes it worse → *Sulfur*

##### c) Whereabouts

- Face → *Calcarea carbonica*, *Sulphur*, *Hepar sulph.*
- Back → *Sulphur*, *Kali brom.*
- Thorax → *Calcarea sulph.*, *Thuja*

##### d) Emotional/constitutional considerations

- Irritability, mood swings, anxiety → *Natrum muriaticum*, *Pulsatilla*
- *Sepia* and *Lycopodium* are examples of stress-induced aggravation.
- Utilizing Repertory in Real-World Situations

Obtain a thorough case history, covering the lesion type, sensation, exacerbating and alleviating factors, and emotional state. Determine which rubrics in the repertory are most Important. Match rubrics to possible therapies. Choose the best course of action. A similar treatment based on all of the symptoms.

#### Benefits

Ensures that the right course of treatment is chosen for the individual. Lessens the likelihood of trial-and-error prescribing. May enhance therapy results and lower the risk of recurrence.

In the homeopathic treatment of acne vulgaris, the *Materia Medica* is essential for comprehending the nuances of treatments and making the best choice. For every patient. Here is a systematic explanation:

#### 1. The *materia medica's* purpose

- Includes full details on every homeopathic treatment, such as:
- Physical indications
- One's psychological and emotional condition
- Modalities (circumstances that make symptoms better or worse)
- Signs of skin problems
- Aids the practitioner in selecting the right remedy for the patient's entire spectrum of symptoms, which is essential in homeopathy.

#### 2. Role in controlling acne

##### a) Instruction tailored to the lesion

- Lists remedies that work on papules, pustules, nodules, cysts, or comedones.
- Describe the lesions' appearance, discharge, and feelings.

##### b) Concerns about emotions and the constitution

- Includes the patient's personality, behaviors, and emotional triggers (stress, irritability, mood swings).
- Promotes the selection of remedies tailored to the individual.

##### c) Modalities

- Guides that explain what makes acne worse or better, such as:
- Environmental variables, time of day, pressure, touch, heat, or cold.
- Facilitates better treatment selection.

##### d) Using the repertory in conjunction with other methods

- *Materia Medica* aids in determining the optimum treatment based on the complete symptom picture after potential treatments have been found via repertory.

The *Organon of Medicine*, Hahnemann's foundational text on homeopathy, offers guiding principles for treating any illness, including acne vulgaris. The therapy is constitutional, individualized, and holistic as opposed to only addressing symptoms. Here's a systematic approach:

In homeopathic management of acne vulgaris, the repertory plays a crucial role in selecting the most appropriate remedy based on individual symptoms. Here's a clear breakdown:

1. **Purpose of repertory:** Helps systematically match the patient's specific symptoms (physical, emotional, modalities) with corresponding remedies. Ensures individualized treatment, which is central to homeopathy.

2. Common repertory rubrics for acne

Homeopaths often use rubrics related to skin lesions, sensations, and location:

##### a) Lesion type

- Pustules → *Hepar sulph.*, *Silicea*, *Arsenicum album*
- Papules → *Sulphur*, *Graphites*, *Mezereum*
- Nodules/Cysts → *Calcarea sulph.*, *Hepar sulph.*, *Thuja*
- Comedones → *Sulphur*, *Nitric acid*, *Sepia*

##### b) Sensations and modalities

- Painful → *Hepar sulph.*, *Belladonna*



- Itching/Burning → *Rhus tox.*, *Mezereum*
- Worse by touch → *Hepar sulph.*, *Silicea*
- Worse by heat → *Sulphur*,

#### c) Location

- Face → *Sulphur*, *Hepar sulph.*, *Calcarea carbonica*
- Back → *Kali brom.*, *Sulphur*
- Chest → *Thuja*, *Calcarea sulph.*

#### d) Constitutional/Emotional Factors

- Anxiety, irritability, mood swings → *Pulsatilla*, *Natrum muriaticum*
- Stress-induced aggravation → *Sepia*, *Lycopodium*

#### Using repertory in practice

Take a detailed case history: lesion type, sensation, aggravating and relieving factors, emotional state. Identify key rubrics in the repertory. Match rubrics to potential remedies. Select the most similar remedy based on the totality of symptoms.

#### Advantages

Ensures personalized and precise remedy selection. Reduces trial-and-error prescribing. Can improve treatment outcomes and reduce recurrence.

Homeopathic management of acne vulgaris, the *Materia Medica* plays a central role in understanding the detailed characteristics of remedies and selecting the most appropriate one for each patient. Here's a structured explanation:

#### 1. Purpose of materia medica

- Provides comprehensive information on each homeopathic remedy, including:
  - Physical symptoms
  - Mental and emotional state
  - Modalities (factors that aggravate or ameliorate symptoms)
  - Skin manifestations
- Helps the practitioner match the remedy to the patient's totality of symptoms, which is key in homeopathy.

#### 2. Role in acne management

##### a) Lesion-specific guidance

- Describes remedies effective for papules, pustules, nodules, cysts, or comedones.
- Details appearance, discharge, and sensations of lesions.

##### b) Constitutional and emotional considerations

- Includes patient's temperament, habits, and emotional triggers (stress, irritability, mood changes).
- Supports individualized remedy selection.

##### c) Modalities

- Guides on what worsens or improves the acne, such as:
  - Heat, cold, touch, pressure, time of day, or environmental factors.
- Enables more precise remedy matching.

##### d) Complementary use with repertory

- After identifying possible remedies via repertory, *Materia Medica* helps confirm the best remedy based on full symptom picture.

homeopathy, the *Organon of Medicine* (Hahnemann's foundational text) provides guiding principles for managing any disease, including acne vulgaris. The treatment approach is constitutional, individualized, and holistic, rather than symptomatic alone. Here's a structured explanation:

#### 1. Principle of Individualization (Organon §§ 9, 10, 21)

- Each patient is unique, with a distinct totality of symptoms (physical, mental, and emotional).
- Acne treatment must match the remedy to the patient's totality, not just the skin lesions.

#### 2. Law of similars (Organon § 3)

- The remedy chosen should resemble the patient's symptom picture.
- Example: A pustular, painful, suppurating lesion sensitive to touch → *Hepar sulph.*
- A comedonal, oily skin, aggravated by heat → *Sulphur*.

#### 3. Single remedy and minimum dose (Organon §§ 279, 283)

- Use one homeopathic remedy at a time rather than multiple remedies.
- Minimum dose principle ensures gentle, safe stimulation of the body's healing mechanism.
- Avoid overmedication, especially in mild acne.

#### 4. Treatment according to chronic disease principles (Organon §§ 81–90)

- Chronic acne (persistent, recurrent) is treated by addressing underlying constitutional factors.
- Remedies selected for constitutional and emotional patterns can reduce recurrence.

#### 5. Totality of symptoms (Organon §§ 21, 153)

- Record all relevant symptoms: lesion type, location, sensations, aggravating and relieving factors, and mental/emotional state.
- This totality guides precise remedy selection.

#### 6. Holistic approach

- Acne management is not just about clearing lesions but restoring balance to the whole organism, including:
  - Hormonal balance
  - Digestion/metabolism
  - Emotional well-being

#### 7. Monitoring and follow-up (Organon §§ 113–115)

- Regular follow-up is important to:
  - Assess response to the remedy
  - Adjust potency or repeat dose if necessary
  - Avoid aggravation or suppression

#### Summary

Homeopathic acne management is constitutional, individualized, and holistic, guided by *Organon* principles: similars, minimum dose, single remedy, totality, and chronic disease treatment. Focus is on long-term improvement and prevention of recurrence, not just symptomatic relief.

The best results in acne management often come from combining lifestyle modifications with holistic therapies. A comprehensive plan may include:

- Maintaining regular sleep schedules.
- Practicing daily stress-reduction techniques.
- Reducing screen exposure.
- Following a healthy diet and hydration routine.
- Using homoeopathic remedies under professional guidance.

### Conclusion

The Lifestyle Triad sleep, stress, and screens play a pivotal role in acne development and severity. Addressing these factors not only improves skin health but also enhances overall well-being. When combined with the gentle and holistic promise of homoeopathy, acne management becomes more effective and sustainable, offering hope to those seeking natural solutions for.

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### How to Cite This Article

Madakam H. The lifestyle triad in acne sleep, stress, screens and promise of homoeopathy. *International Journal of Homoeopathic Sciences*. 2025;9(3):1618-1623.

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